

GOLDSBORO YMCA
ONE DAY SPEED-A-WAY
NOVEMBER 17, 2007

- SANCTION: Will be held under the sanction of USA Swimming Inc., issued by NCS, Inc..#NC07085
- CLASSIFICATION: This meet is open to all USA Swimming registered athletes.
- FACILITY: Goldsboro Family YMCA, NC; Raymond A. Bryan Pool. An 8-lane 25YD pool with non-turbulent lane lines, Colorado Timing System and scoreboard, and custom paragon starting blocks. A separate 8-lane 25YD pool is available for continuous warm-up. Ample spectator and swimmer seating is available.
- RULES: This meet will be conducted in accordance with current USA and NCS rules as specified in the USA Rules and Regulations and NCS Official Handbook.
- ELIGIBILITY: All qualified USA Swimming registered swimmers.
- ENTRIES: Submit entries on attached entry forms or HY-TEK disks. List swimmers age as of November 17. All events will be timed finals.
- ENTRY LIMITS: Each swimmer is allowed to swim 4 individual events plus 2 relays a day. Swimmers are allowed to swim in their age group, along with older age groups, provided they still remain within the entry limit.
- ENTRY DEADLINE: **Entries must be received no later than 11:59pm Tuesday November 6, 2007. Only E-mail entries will be accepted.** The meet will be limited to the first 400 entries received with all necessary fees.
- SEND ENTRIES TO: Alex Black
1105 Parkway Dr.
Goldsboro, NC 27532
E-Mail: alexwim74@hotmail.com
(w) 919 778-8557
(fax) 919 778-8645
- ENTRY FEES: Individual events: \$2.00
Relays: \$8.00
NCS Surcharge: \$2.00
Pool Surcharge: \$4.00
- AWARDS: Individual: Ribbons 1st – 8th place
Relays: Ribbons 1st – 3rd place
- MEET DIRECTOR: Alex Black
- MEET REFEREE: Mark Chenier
- MEET MARSHAL: Ken Yang
- STARTING TIMES: Sat. & Sun. Warm-ups for the 10 & Under, 12&Under will be at 7:30AM, competition will begin at 8:30AM.
Warm-ups for the 8 & Under Sessions will begin at 10:00AM, competition will not begin before 10:30AM.
Warm-Ups for 14-Under & Senior Session will begin at 11:30, competition at 12:30.
- WARM-UPS: General warm-ups will be for the first 35 minutes of each session. Specific warm-ups will be for the next 15 minutes. Lanes 1, 2, 3, 6, 7, 8 will be dive starts from the scoreboard end. Lanes 4 & 5 will be general warm-up lanes. Each coach will be provided a copy of warm-up lane assignments when they pick up their heat sheets.

- TIMERS:** **Each team needs to supply timers for each session of the meet.** The number of timers from each team should be proportionate to the number of swimmers competing from that team.
- SAFETY:** The NCS safety program is in effect at this meet. Coaches are required to closely supervise their swimmers at all times. In the event that a swimmer or others associated with a team are found to be violating posted rules for use of the Family YMCA or any other restrictions that are posted for the safety of the people in attendance or to protect Family YMCA property the individuals will be reported to the Meet Director or one of the Meet Marshals who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshal, or Referee may also take disciplinary action. **ONLY PARENTS WHO ARE WORKING AS AN OFFICIAL OR A TIMER WILL BE ALLOWED ON DECK. THERE WILL BE NO EXCEPTIONS.**
- RELEASE:** United States Swimming, Inc., NC Swimming, Inc. Goldsboro Family YMCA and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

November 17, 2007 Sprint Meet
Order of Events

10 & Under, 12 & Under Session		
Girls		Boys
1	10 & Under 200yd Medley Relay	2
3	12 & Under 200yd Medley Relay	4
5	10 & Under 50yd Free	6
7	12 & Under 50yd Free	8
9	10 & Under 50yd Fly	10
11	12 & Under 50yd Fly	12
13	10 & Under 50yd Back	14
15	12 & Under 50yd Back	16
17	10 & Under 50yd Breast	18
19	12 & Under 50yd Breast	20
21	10 & Under 200yd Free Relay	22
23	12 & Under 200yd Free Relay	24
8 & Under Session		
Girls		Boys
25	8 & Under 100yd Medley Relay	26
27	8 & Under 25 yd Free	28
29	8 & Under 25 yd Fly	30
31	8 & Under 25 yd Back	32
33	8 & Under 25 yd Breast	34
35	8 & Under 100 yd Free Relay	36
14 & Under, Senior Session		
Girls		Boys
37	14 & Under 200yd Medley Relay	38
39	Senior 200yd Medley Relay	40
41	14 & Under 50yd Free	42
43	Senior 50yd Free	44
45	14 & Under 100yd Fly	46
47	Senior 100yd Fly	48
49	14 & Under 100yd Back	50
51	Senior 100yd Back	52
53	14 & Under 100yd Breast	54
55	Senior 100yd Breast	56
57	14 & Under 200yd Free Relay	58
59	Senior 200yd Free Relay	60